

**Shepherd Hill Football
2018 QB Offseason Manual**

**Coach: Ryan Dugan
774-289-4108
rdugan@dcrsd.org
Twitter: @Coach_Dugan**



Workout Opportunities

Monday

AM: SH workout, post workout drills/conditioning

PM: Rest

Tuesday

AM: SH agility workout, post workout drills

PM: Speed Camp

Wednesday

AM: SH workout, post workout drills/conditioning

PM: Rest

Thursday

AM: SH agility workout, post workout drills

PM: Speed Camp

Friday

AM: SH workout, post workout drills/conditioning

PM: Rest

Saturday

Rest Day

Sunday

AM: Rest Day

PM: Passing League

QB Offseason Drills

RB Drills

QBs should work all RB drills during the offseason. See the RB manual for more information.

QB/Center Exchange

QBs should take 50 under center snaps and 50 shotgun snaps from Centers. *These drills can be paired with other drills such as Power Drill, Criss Cross Drill, and passing drills*

Throwing Mechanics

Align with 2 feet on a line, stand facing your target. Rotate your upperbody so that your non-throwing shoulder is facing target. High elbow and deliver the ball on target. *You can do this drill on two knees to further strengthen arm.*

Align with non throwing shoulder facing upfield . Take 6 inch directional step towards target. High elbow and deliver the ball on target. Focus on following through with arm and weight directly towards target. Have you target change locations in order to throw to multiple angles.

Chase Drill. This drill is suppose to simulate throwing on the run. Start facing your partner, shoulders square. Run towards your partner keeping your shoulders square and the ball into your chest. When ready to throw, rotate your upperbody, high elbow and deliver the ball on target. This can evolve into rolling out. Make sure you get eight yards of depth and get your shoulders up field, chasing down your target.

Passing Routes (*QBs should heavily rep the following routes with RBs and TEs*)

3 Step Drop Routes (1 Step from Shotgun)

- TE Seam (Red)
- Wing Fade (Red)
- Wing Arrow (Thunder/Lightning)
- TE Arrow
- Spread Hitch
- Spread Slant

1 Step Routes (No Shotgun)

- Smoke

5 Step Routes (3 Step from Shotgun)

- TE Pylon (Thunder/Lightning)
- TE Post (Backside of Thunder/Lightning)
- Wing Post (Thunder Slip)

Rollouts (Under Center or Shotgun, must get 8 yards of depth and attack LOS, think chase drill)

- Wing Pylon (Red Red/Blue Blue)
- TE 15 yard out (Red Red/Blue Blue)
- TE Pylon (Black O/Brown O)
- TE/Wing 15 yard Backside Drag (Black O/Brown O)

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Coach: Bryan Richards

508-335-7136

brichards1030@gmail.com

Twitter: @CoachRichards12

Coach: Bryan O'Neil

508-292-7621

Bradycole444777@gmail.com



RB Offseason Drills

Bag Drill

Use bags (5-6) or hashes to set up for drill, one player at a time, tempo should be fast. Drill is to work on footwork and conditioning. RB should use a football at all times during the drill. Entire circuit should be done at least twice.

- One foot in
- Two feet in
- Hops
- Lead with Right foot (shoulders square)
- Lead with Left foot (shoulders square)
- Shuffle in and out (2 hands on the ball)

Ball Security Drill 1

RB's should pair up for this drill and each group should have a ball. The purpose is to work on ball security. This drill should be competitive and physical $\frac{3}{4}$ speed. 2-3 times each side, then flip drill so both partners get ball security work. Drill starts on sideline and goes to mid field/flip and return to sideline.

- Right arm (defender on right hip)
- Left arm (defender on left hip)

Ball Security Drill 2

RB's in groups of 3 and each group should have balls. The RB will hold footballs in each hand. Purpose of the drill is to work ball security. This drill should be competitive and physical $\frac{3}{4}$ speed, 2-3 reps per RB. Drill starts on sideline and goes to mid field/flip and return to sideline.

- RB hold both footballs with a defender on each hip
- Rotate group accordingly so each RB is at each spot

Rapid Fire Power Drill

RB/QB drill working on our power plays. The purpose of this drill is to work tempo and execution of our power plays to both the left and right. Use the hose or cones to help with alignment. Use a pad or shield for blocking on the play side.

Coaching Points

- QB should be working on cadence and tempo for this drill.
- Each rep should be done at full speed
- RB/QB should rotate on each rep
- RB should break the line of scrimmage and get vertical as quick as possible
- Blocking is equally important in this drill. Be physical

Rapid Fire Criss Cross

RB/QB drill working on criss cross. The purpose of this drill is to work tempo and execution of our criss cross plays to both the left and the right. Use the hose or cones to help with alignment. Use a pad or shield to simulate blocking.

Coaching Points

- QB should be working on cadence and tempo for this drill
- Each rep should be done at full speed
- Focus on depth of RB hand off (4yrds from LOS) Use a cone to simulate depth
- RB/QB should rotate on each rep
- RB should break the line of scrimmage and get to the SIDELINE and up field
- Hand offs and timing are important should be done at game speed

Man on Blocking Drill

RB's should partner up or use shields for blocking drill. This drill is to simulate blocking responsibilities in the run game. The focus of this drill is hand and head placement, as well as keeping a low base.

Coaching Points

- Eyes and head up, face in the chest
- Hands up under the chest/armpit area of defender
- Base shoulder length apart
- Feet pounding in ground "all 7 spikes in the ground"
- Block to the whistle

Gauntlet Drill

RB's should line up face to face roughly 5ft away from each other. This drill requires the RB to hold the football with 2 hands while "the gauntlet" tries to rip and punch ball out. Each RB should rotate through the drill. QB's can hand off to simulate a game carry. (Can also use gauntlet machine if available)

Coaching Points

- Head up
- 2 hands on the ball (protect ball)
- Keep your legs moving
- Stay on your feet
- Run full speed

Passing Routes

Each RB should be able to run the following routes out of any alignment, position, or formation. Repetition and consistency will dictate how much of this is valuable to the playbook and game situations.

1. **Fade (*Wing or Spread Alignment*)**: Sprint towards end zone, veering towards the sideline. Target should be the numbers by 10 yards of depth. QB should throw receiver open. Receivers should sprint through route with the goal of catching ball in stride.
2. **Post (*Wing Alignment*)**: 15-20 yards downfield. Attack safety, angle towards the "post" at a 45 degree angle. QB should throw receiver open. Receivers should sprint through route with the goal of catching ball in stride.
3. **Corner/Pylon (*Wing Alignment*)**: 15-20 yards downfield. Angle towards pylon at a 45 degree angle. QB should throw receiver open. Receivers should sprint through route with the goal of catching ball in stride.
4. **Arrow (*Wing, Spread or Slot Alignment*)**: This is a 3 yard route. Take route flat towards the sideline, head and hands should be ready to receive the ball right out of your break.
5. **Hitch (*Spread Alignment*)**: Sprint for 5 yards. Show QB your numbers and be ready to receive the ball. Tuck ball away and gain yards after catch.
6. **Slant (*Spread Alignment*)**: Sprint for three yards, and then break sharply inside at a 45 angle and be ready to receive the ball. Tuck ball away and gain yards after catch.
7. **Smoke (*Spread Alignment*)**: Break out of stance and take 2 steps back behind LOS. Work back towards QB. Quick throw, quick catch, get up field.

***All routes should be practiced at full speed. Jogging through routes will not help with the timing of these throws. Treat each rep like a game rep.**

Workout Opportunities

Monday-Wednesday-Friday

Coach Holland will coach all players through a workout routine designed to maximize strength and durability in the SH weight room.

****RB POST WORKOUT****

As a group work on some drills from the manual. Work together and push each other to get better.

Tuesday-Thursday

Captains will lead all players through workouts designed to increase speed, agility and endurance on the SH turf or lower field.

****RB POST WORKOUT****

As a group work on some drills from the manual. Work together and push each other to get better.

Speed Camp

It's encouraged that you sign up and participate in Coach Holland's Speed Camp on Tuesdays and Thursdays. The camp is designed to increase explosive speed and agility.

Passing League

Passing League will be Sunday evenings. This is an opportunity to work with teammates and improve on skills that are worked on throughout the season and off season.